# The Hours and Typika

# For Ordinary Days

**Metropolitan Cantor Institute**

**Byzantine Catholic Archeparchy of Pittsburgh**

**October 2018**

# *Foreword*

In the Byzantine tradition, going back to early times, there has been a preference for prayer at certain set hours of the day. These prayers might be either personal (in the home or the monastic cell) or held in common (in church).

In the Byzantine tradition, these times or "hours" of prayer are distributed throughout the day as follows:

| | | |
|---|---|---|
| First Hour: | 7:00 AM | |
| Third Hour | 9:00 AM | Descent of the Holy Spirit |
| Sixth Hour | 12:00 noon | The Crucifixion |
| Ninth Hour | 3:00 PM | Death of Christ |

In monasteries and some parish churches, the First Hour may immediately follow Matins; the Third and Sixth Hours may be celebrated together, possibly followed by the Divine Liturgy; and the Ninth Hour may come immediately before Vespers.

The individual services can also be used for private prayer, or at any point in a parish's liturgical cycle where there is a need for a short liturgical service which can be held without a great deal of preparation.

This booklet contains a translation of the Hours made by the Inter-Eparchial Liturgical Commission of the Byzantine Catholic Metropolitan Church in the United States, as part of its work on the services of Great and Holy Week, and is based on the Ruthenian edition of the Slavonic *Časoslov* (Rome, 1950).

A second volume with the Hours for Great Lent is in preparation.

Please direct any questions, comments, or suggestions to me at mci@archpitt.org. I would welcome your feedback and assistance in making these services more widely known and used.

Deacon Jeffrey Mierzejewski
Metropolitan Cantor Institute

## How to Pray the Hours

Each Hour opens with the usual “beginning prayers”, found at the start of the book, then continues with appointed psalms, prayers, and hymns for that particular Hour. Each Hour concludes with a dismissal.

When the Hours are celebrated in church, the holy doors (and curtain, if there is one) are not opened. The priest, vested in epitrachilion, may lead the service from the solea, but because much of the service is chanted entirely by the congregation, he may also be able to hear confessions or prepare for the next service during the central part of the Hour.

It is also possible, with the blessing of the priest, for a deacon, lector, or any member of the congregation to lead the service. (Like the translation, these rubrics for “reader services” are the work of the Inter-Eparchial Liturgical Commission, and appear here for the first time.) A deacon does not vest, but may wear an exorason. A subdeacon or an ordained reader may wear a podriasnik.

At certain points in each service, one or more hymns (troparia and kontakia) are sung, according to the liturgical day, as prescribed in the Typikon:

On **Sunday,** at each Hour: we sing the troparion and the kontakion of the Resurrection, in the tone of the week.

On **feast days** and **major saints’ days**, at each Hour, we sing the troparion and the kontakion of the feast or saint.

On **ordinary weekdays**, there are different hymns at each Hour:

| | |
|---|---|
| First Hour: | troparion and kontakion of the day of the week |
| Third Hour: | troparion and kontakion of the saint of the day |
| Sixth Hour: | troparion and kontakion of the patron of the church |
| Ninth Hour: | troparion and kontakion of the saint of the day |

The troparia and kontakia for Sundays can be found in the Eight Tones section of the Divine Liturgies book. The troparia and kontakia for each weekday are given on pages 406-413, and for the various classes of saints on pages 358-405.

A complete set of daily hymns for saints can be found in the MCI Menaion.

## Singing the Hours

Ordinarily, both the music and ritual for these services is the most simple of all our rites; psalms and verses are chanted to one of our psalm tones. In private recitation, the Hour can simply be recited.

## The Service of Typika

This service, sometimes called the "mid-day prayer", arose as a monastic service of Holy Communion for use on those days when the Divine Liturgy is not celebrated. It consists of pre-Communion psalms, together with the appointed Divine Liturgy readings of the day.

It ordinarily follows the Sixth Hour, but can be celebrated at any time during the day.  Please note:

- In 2010, our bishops promulgated an augmented form of the Typika services (*Typika: The Service of Holy Communion without a Priest)* to meet particular pastoral needs.  The form in this book cannot be used for the distribution of Holy Communion.

- Based on the liturgical day, certain hymns (called troparia) are inserted after one or more verses of the Beatitudes. These hymns come from various liturgical books, as indicated in the Typikon, and  their order is rather complicated. If they are not available, they can simply be omitted. If they are used, they are not sung to the troparion melodies, but chanted or read by the leader.

## The Hours during Lent and Bright Week

On the fasting days called "Days of Alleluia" (which include the weekdays of the Great Fast), the celebration of the Hours includes penitential elements, along with Old Testament Readings at certain Hours. If Typika is celebrated on these days,  it follows the Ninth Hour. For ease of use, the Hours for these days will be given separately from the version used on non-fasting days.

On Pascha and during Bright Week, a short service of Paschal hymns replaces each of the Hours, as well as Compline and the Midnight Office.

# The Beginning Prayers

*If a priest leads the service:*

*Priest:* Blessed is our God, always, now and ever and forever.

*Response:* Amen.

*If other than a priest:*

*Leader:* Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*Response:* Amen

Glory to you, our God, glory to you.

Heavenly King, Comforter, Spirit of Truth,
everywhere present and filling all things,
Treasury of Blessings and Giver of Life,
come and dwell within us, cleanse us of all stain,
and save our souls, O gracious One.

---

*Throughout Pascha, in place of "Glory to you" and "Heavenly King":*

*Priest or Leader:* Christ is risen from the dead! By death he trampled Death; and to those in the tombs he granted life.

*Response:* Christ is risen from the dead! By death he trampled Death; and to those in the tombs he granted life. *(Twice)*

*From Ascension Thursday until the eve of Pentecost, we omit "Glory to you" and "Heavenly King", without replacement.*

---

Holy God, Holy and Mighty, Holy and Immortal,
have mercy on us. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Most Holy Trinity, have mercy on us;
Lord, cleanse us of our sins;
Master, forgive our transgressions;
Holy One, come to us and heal our infirmities
for your name's sake.

Lord, have mercy. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.  Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

*If a priest leads the service:*

*Priest:* For thine is the kingdom and the power and the glory, Father, Son, and Holy Spirit, now and ever and forever.

*Response:* Amen.

*Otherwise:*

*All:* Amen.

Lord, have mercy. *(12 times)*

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever.  Amen.

*Now turn to the appropriate Hour:*

| | |
|---|---|
| First Hour | page 3 |
| Third Hour | page 11 |
| Sixth Hour | page 19 |
| Ninth Hour | page 37 |

*or to the service of Typika on page 27.*

# The First Hour

Come, let us worship our King and God. *(bow)*
Come, let us worship Christ our King and God. *(bow)*
Come, let us worship and bow before the only Lord Jesus Christ, the King and our God. *(bow)*

## Psalm 5

To my words give ear, O Lord,
give heed to my groaning.

Attend to the sound of my cries,
my King and my God.

It is you whom I invoke, O Lord.
In the morning you hear me.

In the morning I offer you my prayer,
watching and waiting.

You are no God who loves evil;
no sinner is your guest.

The boastful shall not stand their ground
before your face.

You hate all who do evil;
you destroy all who lie.

The deceitful and bloodthirsty man
the Lord detests.

But I through the greatness of your love
will enter your house;

I will bow down before your holy temple in awe.
Lead me, O Lord, in your justice;
because of my enemies direct my way in your sight.

No truth can be found in their mouths,
their hearts are vanity.

Their throats are gaping graves,
  with their tongues they flatter.

Condemn them, O God;
  let them fall in their designs.

Drive them out for their many offenses,
  for they have defied you.

Let all those you protect be glad and rejoice forever
and you shall dwell in them.
  They who love your name shall rejoice in you.

For you will bless the just, O Lord.
  You crown us with favor as with a shield.

**Psalm 89**

O Lord, you have been our refuge
  from one generation to the next.

Before the mountains were born
or the earth or the world brought forth,
  you are God, without beginning or end.

You turn men back to dust and say:
  "Go back, sons of men."

To your eyes a thousand years
are like yesterday, come and gone,
  no more than a watch in the night.

You sweep men away like a dream,
  like the grass which springs up in the morning.

In the morning it springs up and flowers:
  by evening it withers and fades.

So we are destroyed in your anger,
  struck with terror in your fury.

Our guilt lies open before you;

our secrets in the light of your face.

All our days pass away in your anger.
Our life is over like a sigh.
Our years are spun out like a spider spinning.

Our span is seventy years,
or eighty for those who are strong.

And most of these are emptiness and pain.
They pass swiftly and we are gone.

For meekness has come upon us,
and we shall be instructed.

Who understands the power of your anger
and fears the strength of your fury?

So make your right hand known to us
that we may gain wisdom of heart.

Lord, relent! Is your anger forever?
Show pity to your servants.

In the morning, fill us with your love;
we shall exult and rejoice all our days.

Give us joy to balance our affliction
for the years when we knew misfortune.

Show forth your work to your servants;
let your glory shine on their children.

Let the brightness of the Lord be upon us:
give success to the works of our hands.
Give success to the work of our hands.

## Psalm 100

My song is of mercy and justice;
I sing to you, O Lord.

I shall walk in the way of perfection.
  O when, Lord, will you come?

I shall walk with blameless heart
  within my house;

I shall not set before my eyes
  whatever is base.

I shall hate the ways of the crooked;
  they shall not be my friends.

The false-hearted must keep far away;
  the wicked I disown.

The man who slanders his neighbor in secret
  I shall bring to silence.

The man of proud looks and haughty heart
  I shall never endure.

I look to the faithful in the land
  that they may dwell with me.

He who walks in the way of perfection
  shall be my friend.

No man who practices deceit
  shall live within my house.

No man who utters lies shall stand
  before my eyes.

Morning by morning I shall silence
  all the wicked in the land,

Uprooting from the city of the Lord
  all who do evil.

Glory to the Father, and to the Son, and to the Holy Spirit,
  now and ever and forever.  Amen.

Alleluia! Alleluia! Alleluia!
Glory to you, O God! *(3 times, with a bow each time)*

Lord, have mercy. *(3 times)*

*If there are two troparia, the first is sung here.*

Glory to the Father, and to the Son, and to the Holy Spirit,

*The appointed TROPARION (or the second, if there are two) is sung. Continuing in the same tone, we sing the theotokion of the Hour:*

Now and ever and forever. Amen.

What shall we call you, O full of grace? * A heaven, for you have borne the Sun of Justice? *A paradise, for you have brought forth the Flower of immortality? * A virgin, for you have remained undefiled? * A mother, holding in her holy arms the Son who is God of all? * Intercede with him for the salvation of our souls.

*Then we chant the following verses (Ps. 118:133-135, 70:8):*

Guide my footsteps according to your promise,
and let no iniquity rule over me.
Redeem me from man's oppression and I shall keep your precepts.
Let your face shine on your servant and teach me your decrees.
My mouth is filled with your praise, O Lord,
that I may sing your glory all the day long.

Holy God, Holy and Mighty, Holy and Immortal,
have mercy on us. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Most Holy Trinity, have mercy on us;
Lord, cleanse us of our sins;
Master, forgive our transgressions;
Holy One, come to us and heal our infirmities
for your name's sake.

Lord, have mercy. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation,
but deliver us from evil.

| *If a priest leads the service:* | *Otherwise:* |
| --- | --- |
| *Priest:* For thine is the kingdom and the power and the glory, Father, Son, and Holy Spirit, now and ever and forever. | *All:* Amen. |
| *Response:* Amen. | |

*The appointed KONTAKION is sung.*

Lord, have mercy. *(40 times)*

*Priest or Leader:* O good God, in all times and places you are worshiped and glorified both in heaven and on earth. You are long-suffering and generous in your mercy and compassion. You love the just and show mercy to the sinner, calling all to repentance through the promise of blessings to come. Deem, O Lord, at this very hour, to receive our supplications and to direct our lives in the path of your commandments. Sanctify our souls; purify our bodies; set aright our minds; cleanse our thoughts; deliver us from all affliction, trouble, and distress; surround us with your holy angels so that, guided and guarded in their camp, we may attain oneness of faith and the knowledge of your unspeakable glory. For you are blessed forever and ever.

*Response:* Amen.

Lord have mercy. Lord have mercy.
Lord have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

More honorable than the cherubim,
and beyond compare more glorious than the seraphim;
who, a virgin, gave birth to God the Word,
you, truly the Theotokos, we magnify.

*If a priest leads the service:*

All: Give the blessing, Father, in the name of the Lord.

*Priest:* May God be merciful to us and bless us; may He cause His countenance to shine upon us, and have mercy on us.

*Response:* Amen.

*Otherwise:*

*Leader:* Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*Response:* Amen.

*Priest or Leader:* O Christ, you are the true light, who enlightens and sanctifies everyone coming into the world. Sign us with the light of your face, that, walking in it, we may see the light of your unapproachable glory. Direct our steps in the observance of your commands, through the prayers of your most pure Mother and of all your saints.

*Response:* Amen.

*Continue with the Third Hour, if desired. Otherwise, if a priest leads the service, he gives the dismissal as follows:*

*Priest:* Glory to you, O Christ God, our hope, glory to you.

*Response:* Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. Give the blessing.

---

*Throughout Pascha, the following is said in place of "Glory to the Father…Give the blessing."*

*Response:* Christ is risen from the dead! By death he trampled

Death; and to those in the tombs he granted life. Lord, have mercy. Lord, have mercy. Lord, have mercy. Give the blessing.

---

*Priest:* May Christ our true God, [*if it is Sunday, add:* risen from the dead,] have mercy on us and save us through the prayers of his most pure Mother; and of the holy, glorious, and illustrious apostles; of our holy *the patron[s] [patroness] of this church*; of the holy *(Name/s of the saint/s whose day it is);* and through the prayers of all the saints; for Christ is good and loves us all.

*Response:* Amen.

# The Third Hour

Come, let us worship our King and God. *(bow)*
Come, let us worship Christ our King and God. *(bow)*
Come, let us worship and bow before the only Lord Jesus Christ, the King and our God. *(bow)*

## Psalm 16

Lord, hear a cause that is just,
pay heed to my cry.

Turn your ear to my prayer:
no deceit is on my lips.

From you may my judgment come forth.
Your eyes discern the truth.

You search my heart, you visit me by night.
You test me by fire and you find in me no wrong.
My words are not sinful like men's words.

I kept from violence because of your word,
I kept my feet firmly in your paths;
there was no faltering in my steps.

I am here and I call, you will hear me, O God.
Turn your ear to me; hear my words.

Display your great love, you whose right hand saves
your friends from those who rebel against them.

Guard me as the apple of your eye.
Hide me in the shadow of your wings
from the violent attack of the wicked.

My foes encircle me with deadly intent.
Their hearts tight shut, their mouths speak proudly.
They advance against me, and now they surround me.

Their eyes are watching to strike me to the ground,
as though they were lions ready to claw

or like some young lion crouched in hiding.

Lord, arise, confront them, strike them down!
Let your sword rescue my soul from the wicked.

Let your hand, O Lord, rescue me from men,
from men whose reward is in this present life.

You give them their fill of your treasures;
they rejoice in abundance of offspring
and leave their wealth to their children.

As for me, in my justice I shall see your face
and be filled, when I awake, with the sight of your glory.

## Psalm 24

To you, O Lord, I lift up my soul.
I trust you, let me not be disappointed;
do not let my enemies triumph.

Those who hope in you shall not be disappointed,
but only those who wantonly break faith.

Lord, make me know your ways.
Lord, teach me your paths.

Make me walk in your truth, and teach me:
for you are God my savior.

In you I hope all day long.
Remember your mercy, Lord,
and the love you have shown from of old.

Do not remember the sins of my youth.
But remember me according to your mercy,
because of your goodness, O Lord.

The Lord is good and upright.
He will give laws to those who stray.

He guides the humble in the right path,

He teaches his way to the poor.

His ways are faithfulness and love
for those who keep his covenant and will.

Lord, for the sake of your name
forgive my guilt, for it is great.

If anyone fears the Lord
he will give laws for the way he should choose.

His soul will dwell among the good
and his children shall possess the land.

The Lord's friendship is for those who revere him;
to them he reveals his covenant.

My eyes are always on the Lord,
for he rescues my feet from the snare.

Turn to me and have mercy
for I am lonely and poor.

The afflictions of my heart have multiplied.
Set me free from my distress.

See my affliction and my toil
and take all my sins away.

See how many are my foes;
how violent their hatred for me.

Preserve my life and rescue me.
Do not disappoint me, you are my refuge.

May innocence and uprightness protect me:
for my hope is in you, O Lord.
Redeem Israel, O God, from all its distress.

## Psalm 50

Have mercy on me, O God, in your kindness.

In your compassion blot out my offense.

O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;
my sin is always before me.

Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge.

O see, in guilt I was born,
a sinner was I conceived.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.

Sprinkle me with hyssop, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones you have crushed may thrill.

From my sins turn away your face
and blot out all my guilt.

A pure heart create for me, O God,
put a steadfast spirit within me.

Do not cast me away from your presence
nor deprive me of your Holy Spirit.

Give me again the joy of your help;
with a spirit of fervor sustain me;

That I may teach transgressors your ways
and sinners may return to you.

Deliver me from blood-guilt, O God, my saving God,

and my tongue shall ring out your goodness.

O Lord, open my lips,
and my mouth will declare your praise.

For in sacrifice you take no delight,
burnt offering from me you would refuse;

My sacrifice, a contrite spirit,
a contrite, humbled heart you will not spurn.

In your goodness, O Lord, show favor to Zion;
rebuild the walls of Jerusalem.

Then you will be pleased with lawful sacrifice,
burnt offerings wholly consumed;
then you will be offered young bulls on your altar.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

*And then, three times with a bow each time:*

Alleluia! Alleluia! Alleluia!
Glory to you, O God!

Lord, have mercy. *(3 times)*

*If there are two troparia, the first is sung here.*

Glory to the Father, and to the Son, and to the Holy Spirit,

*We sing the appointed TROPARION (or the second, if there are two). Continuing in the same tone, we sing the theotokion of the Hour:*

Now and ever and forever. Amen.

O Theotokos, you are the true vine laden with the Fruit of life; therefore, we implore you, O Lady, to intercede together with the apostles and all the saints that we may obtain mercy for our souls.

*Then we chant the following verses (Ps. 67:20-21):*

May the Lord God be blessed;
may the Lord be blessed day after day.
The God of our salvation will prosper us;
this God of ours is a God who saves.

Holy God, Holy and Mighty, Holy and Immortal,
have mercy on us. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Most Holy Trinity, have mercy on us; Lord, cleanse us of our sins; Master, forgive our transgressions;
Holy One, come to us and heal our infirmities
for your name's sake.

Lord, have mercy. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation,
but deliver us from evil.

*If a priest leads the service:*

*Priest:* For thine is the kingdom and the power and the glory, Father, Son, and Holy Spirit, now and ever and forever.

*Response:* Amen.

*Otherwise:*

*All:* Amen.

*The appointed KONTAKION is sung.*

Lord, have mercy. *(40 times)*

*Priest or Leader:* O good God, in all times and places you are worshiped and glorified both in heaven and on earth. You are long-suffering and generous in your mercy and compassion. You love the just and show

mercy to the sinner, calling all to repentance through the promise of blessings to come. Deem, O Lord, at this very hour, to receive our supplications and to direct our lives in the path of your commandments. Sanctify our souls; purify our bodies; set aright our minds; cleanse our thoughts; deliver us from all affliction, trouble, and distress; surround us with your holy angels so that, guided and guarded in their camp, we may attain oneness of faith and the knowledge of your unspeakable glory. For you are blessed forever and ever**.**

*Response:* Amen.

Lord have mercy. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

More honorable than the cherubim,
and beyond compare more glorious than the seraphim;
who, a virgin, gave birth to God the Word,
you, truly the Theotokos, we magnify.

*If a priest leads the service:*

All: Give the blessing, Father, in the name of the Lord.

*Priest:* May God be merciful to us and bless us; may He cause His countenance to shine upon us, and have mercy on us.

*Response:* Amen.

*Otherwise:*

*Leader:* Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*Response:* Amen.

*Priest or Leader:* Master and God: Almighty Father, only-begotten Son, Lord Jesus Christ, and Holy Spirit, one divinity and one might, have mercy on me, a sinner, and save me, your unworthy servant, according to the ways of your wisdom. For you are blessed forever and ever.

*Response:* Amen.

*Continue with the Sixth Hour, if desired. Otherwise, if a priest leads the service, he gives the dismissal as follows:*

*Priest:* Glory to you, O Christ God, our hope, glory to you.

*Response:* Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. Give the blessing.

---

*Throughout Pascha, the following is said in place of "Glory to the Father…Give the blessing"*

*Response:* Christ is risen from the dead! By death he trampled Death; and to those in the tombs he granted life. Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy. Give the blessing.

---

*Priest:* May Christ our true God, [*if it is Sunday, add:* risen from the dead,] have mercy on us and save us through the prayers of his most pure Mother; and of the holy, glorious, and illustrious apostles; of our holy *the patron[s] [patroness] of this church*; of the holy *(Name/s of the saint/s whose day it is);* and through the prayers of all the saints; for Christ is good and loves us all.

*Response:* Amen.

# The Sixth Hour

Come, let us worship our King and God. *(bow)*
Come, let us worship Christ our King and God. *(bow)*
Come, let us worship and bow before the only Lord Jesus Christ, the King and our God. *(bow)*

## Psalm 53

O God, save me by your name,
by your power, uphold my cause.

O God, hear my prayer;
listen to the words of my mouth.

For strangers have risen against me,
ruthless men seek my life.
They have no regard for God.

But I have God for my help.
The Lord upholds my life.

Let the evil recoil upon my foes;
you who are faithful, destroy them.

I shall sacrifice to you with willing heart
and praise your name for it is good:

For you have rescued me from all distress
and my eyes have seen the downfall of my foes.

## Psalm 54

O God, listen to my prayer,
do not hide from my pleading.

Attend to me and reply;
with my cares, I cannot rest.

I tremble at the shouts of the foe,
at the cries of the wicked;

For they bring down evil upon me.
  They assail me with fury.

My heart is stricken within me,
  death's terror is on me.

Trembling and fear fall upon me
  and horror overwhelms me.

O that I had wings like a dove
  to fly away and be at rest.

So I would escape far away
  and take refuge in the desert.

I would hasten to find a shelter
  from the raging wind,

From the destructive storm, O Lord,
  and from their plotting tongues.

For I can see nothing
  but violence and strife in the city.

Night and day they patrol
  high on the city walls.

It is full of wickedness and evil;
  it is full of sin.

Its streets are never free
  from tyranny and deceit.

If this had been done by an enemy
  I could bear his taunts.

If a rival had risen against me,
  I could hide from him.

But it is you, my own companion, my intimate friend!
  How close was the friendship between us.

We walked together in harmony
  in the house of God.

May Hades fall suddenly upon them!
  Let them go to the grave;

For wickedness dwells in their homes
  and deep in their hearts.

As for me, I shall cry to God,
  and the Lord will save me.

Evening, morning and at noon I shall cry and lament,
  but he hears my voice.

He will deliver my soul in peace in the attack against me;
  for those who fight me are many,

God will hear and will humble them,
  the eternal judge;

For they will not amend their ways.
  They have no fear of God.

He has stretched out his hands to pay them back,
  for they have profaned his covenant,

They have been divided by the anger of his face,
  and their heart has drawn near.

Their words are smoother than oil,
  but they are naked swords.

Entrust your cares to the Lord
  and he will support you.

He will never allow
  the just man to stumble.

But you, O God, will bring them down
  to the pit of death.

Deceitful and bloodthirsty men shall not live half their days.
O Lord, I shall trust in you.

## Psalm 90

The one who dwells in the shelter of the Most High
abides in the shadow of the God of heaven.

He says to the Lord: "You are my Protector, my Refuge,
and my God in whom I trust."

It is he who will free you from the snare of the fowler
who seeks to destroy you.

He will conceal you with his pinions
and under his wings you will find refuge.

You will not fear the terror of the night
nor the arrow that flies by day,

Nor the plague that prowls in the darkness
nor the scourge that lays waste at noon.

A thousand may fall at your side,
ten thousand fall at your right,

You, it will never approach;
his faithfulness is buckler and shield.

Your eyes have only to look
to see how the wicked are repaid,

You who have said: "Lord, my refuge!"
and have made the Most High your dwelling.

Upon you no evil shall fall,
no plague approach where you dwell.

For you has he commanded his angels,
to keep you in all your ways.

They shall bear you upon their hands

lest you strike your foot against a stone.

On the lion and the viper you will tread
and trample the young lion and the dragon.

Since he clings to me in love, I will free him;
protect him for he knows my name.

When he calls I shall answer: "I am with you,"
I will save him in distress and give him glory.

With length of days I will content him;
I shall let him see my saving power.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

*And then, three times with a bow each time:*

Alleluia! Alleluia! Alleluia!
Glory to you, O God!

Lord, have mercy. *(3 times)*

*If there are two troparia, the first is sung here.*

Glory to the Father, and to the Son, and to the Holy Spirit,

*We sing the appointed* TROPARION *(or the second, if there are two). Continuing in the same tone, we sing the theotokion of the Hour:*

Now and ever and forever. Amen.

Since we have no one in whom to confide * because of our many sins, O Virgin Theotokos,* intercede for us with the one who was born of you; * for a mother's prayer is a powerful means for obtaining the Master's favor. * You are most worthy of veneration, * so do not turn away from the pleading of us sinners; * for the one who willed to suffer for our sake is full of mercy, * and his power is sufficient to save us.

*Then we chant the following verses (Ps. 78:8-9)*

Let your compassion hasten to meet us;
we are left in the depths of distress.
O God our savior, come to our help.
Come for the sake of the glory of your name.
O Lord our God, forgive us our sins;
rescue us for the sake of your name.

Holy God, Holy and Mighty, Holy and Immortal,
have mercy on us. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Most Holy Trinity, have mercy on us;
Lord, cleanse us of our sins;
Master, forgive our transgressions;
Holy One, come to us and heal our infirmities
for your name's sake.

Lord, have mercy. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation,
but deliver us from evil.

*If a priest leads the service:*

*Priest:* For thine is the kingdom and the power and the glory, Father, Son, and Holy Spirit, now and ever and forever.

*Response:* Amen.

*Otherwise:*

*All:* Amen.

*The appointed* KONTAKION *is sung.*

Lord, have mercy. *(40 times)*

*Priest or Leader:* O good God, in all times and places you are worshiped and glorified both in heaven and on earth. You are long-suffering and generous in your mercy and compassion. You love the just and show mercy to the sinner, calling all to repentance through the promise of blessings to come. Deem, O Lord, at this very hour, to receive our supplications and to direct our lives in the path of your commandments. Sanctify our souls; purify our bodies; set aright our minds; cleanse our thoughts; deliver us from all affliction, trouble, and distress; surround us with your holy angels so that, guided and guarded in their camp, we may attain oneness of faith and the knowledge of your unspeakable glory. For you are blessed forever and ever.

*Response:* Amen.

Lord have mercy. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

More honorable than the cherubim,
and beyond compare more glorious than the seraphim;
who, a virgin, gave birth to God the Word,
you, truly the Theotokos, we magnify.

*If a priest leads the service:*

All: Give the blessing, Father, in the name of the Lord.

*Priest:* May God be merciful to us and bless us; may He cause His countenance to shine upon us, and have mercy on us.

*Response:* Amen.

*Otherwise:*

*Leader:* Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*Response:* Amen.

*Priest or Leader:* God and Lord of Powers and Maker of all creation, through your compassion beyond our understanding, you sent down your only-begotten Son, our Lord Jesus Christ, for the salvation of our race. Through his honorable cross he canceled the debt of our sins and triumphed over the powers and masters of darkness.

Now, O loving Master, accept from us sinners these prayers of thanksgiving and petition, and preserve us from any deadly fall in the darkness and against every visible and invisible enemy who may seek our harm. Pierce our bodies with fear of you, and let not our souls fall into evil words or thoughts, but, instead, wound them with love for you so that, looking upon you at all times and guided by the light that emanates from you, we may contemplate the unapproachable eternal light. May we ever address our profession and thanksgiving to you, O eternal Father, to your only-begotten Son, and to your all-holy, good, and life-creating Spirit, now and ever and forever.

*Response:* Amen.

*Continue with Typika or the Ninth Hour, if desired. Otherwise, if a priest leads the service, he gives the dismissal as follows:*

*Priest:* Glory to you, O Christ God, our hope, glory to you.

*Response:* Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. Give the blessing.

---

*Throughout Pascha, the following is said in place of "Glory to the Father…Give the blessing"*

*Response:* Christ is risen from the dead! By death he trampled Death; and to those in the tombs he granted life. Lord, have mercy. Lord, have mercy. Lord, have mercy. Give the blessing.

---

*Priest:* May Christ our true God, [*if it is Sunday, add:* risen from the dead,] have mercy on us and save us through the prayers of his most pure Mother; and of the holy, glorious, and illustrious apostles; of our holy *the patron[s] [patroness] of this church*; of the holy *(Name/s of the saint/s whose day it is);* and through the prayers of all the saints; for Christ is good and loves us all.

*Response:* Amen.

# Typika

Come, let us worship our King and God. *(bow)*
Come, let us worship Christ our King and God. *(bow)*
Come, let us worship and bow before the only Lord Jesus Christ, the King and our God. *(bow)*

## Psalm 102

Bless the Lord, O my soul,
and all my being, bless his holy name.

Bless the Lord, O my soul,
and never forget all his blessings.

It is he who forgives all your guilt,
who heals every one of your ills,

Who redeems your life from the grave,
who crowns you with love and compassion,

Who fills your life with good things,
renewing your youth like an eagle's.

The Lord does deeds of justice,
gives judgment for all who are oppressed.

He made known his ways to Moses
and his deeds to Israel's sons.

The Lord is compassion and love,
slow to anger and rich in mercy.

His wrath will come to an end;
he will not be angry forever.

He does not treat us according to our sins
nor repay us according to our faults.

For as the heavens are high above the earth
so strong is his love for those who fear him.

As far as the east is from the west
  so far does he remove our sins.

As a father has compassion on his sons,
  the Lord has pity on those who fear him;

For he knows of what we are made,
  he remembers that we are dust.

As for man, his days are like grass;
  he flowers like the flower of the field;

The wind blows and he is gone
  and his place never sees him again.

But the love of the Lord is everlasting
  upon those who hold him in fear;

His justice reaches out to children's children
when they keep his covenant in truth,
  when they remember his commands and do them.

The Lord has set his throne in heaven
  and his kingdom is ruling over all.

Bless the Lord, all his angels,
  mighty in power, fulfilling his word,
  who heed the voice of his word.

Bless the Lord, all his hosts,
  his servants who do his will.

Bless the Lord, all his works,
  in every place where he rules.

Glory to the Father, and to the Son, and to the Holy Spirit,
  now and ever and forever.  Amen.

Bless the Lord, O my soul!
  and all my being, bless his holy name.

Blessed are you, O Lord.

Glory to the Father, and to the Son, and to the Holy Spirit.

**Psalm 145**

Praise the Lord, O my soul.
I will praise the Lord all my life.
I will make music to my God while I live.

Put no trust in princes,
in mortal men in whom there is no help.

Take their breath, they return to clay
and their plans that day come to nothing.

He is happy who is helped by Jacob's God,
whose hope is in the Lord his God,

Who alone made heaven and earth,
the seas and all they contain.

It is the Lord who keeps faith forever,
who is just to those who are oppressed.

It is he who gives bread to the hungry,
the Lord, who sets prisoners free,

The Lord who gives sight to the blind,
who raises up those who are bowed down,

The Lord, who protects the stranger
and upholds the widow and orphan.

It is the Lord who loves the just
but thwarts the path of the wicked.

The Lord will reign forever,
Zion's God, from age to age.

Now and ever
and forever.  Amen.

*And then the Hymn of the Incarnation:*

O only-begotten Son and Word of God, who, being immortal, deigned for our salvation to become incarnate of the holy Theotokos and Ever-Virgin Mary, and became man without change; you were also crucified, O Christ our God, and by death have trampled Death, being One of the Holy Trinity, glorified with the Father and the Holy Spirit, save us.

**The Beatitudes**

*Appointed TROPARIA may be inserted after the numbered verses.*

In your kingdom, remember us, O Lord,
when you come in your kingdom.

*12.* Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

*11.* Blessed are they who mourn,
for they will be comforted.

*10.* Blessed are the meek,
for they will inherit the land.

*9.* Blessed are they who hunger and thirst for righteousness,
for they will be satisfied.

*8.* Blessed are the merciful,
for they will be shown mercy.

*7.* Blessed are the pure of heart,
for they will see God.

*6.* Blessed are the peacemakers,
for they will be called children of God.

*5.* Blessed are they who are persecuted for the sake of righteousness,
for theirs is the kingdom of heaven.

*4.* Blessed are you when they insult you and persecute you
and utter every kind of evil against you falsely because of me.

*3.* Rejoice and be glad,
for your reward will be great in heaven.

*2.* Glory to the Father, and to the Son,
and to the Holy Spirit.

*1.* Now and ever
and forever. Amen.

*At this point, the PROKEIMENON, APOSTOLIC READING, ALLELUIA, and GOSPEL for the day may be read, as at the Divine Liturgy. If there is no priest, the priest's and deacon's exclamations are omitted, incense is not used, and the leader reads the Gospel from before the tetrapod, facing east, in an ordinary voice.*

*Then the service continues:*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Remember us, O Lord,
when you come in your kingdom.

Remember us, O Master,
when you come in your kingdom.

Remember us, O Holy One,
when you come in your kingdom.

The heavenly choir praises you and says,
Holy, holy, holy, Lord God of hosts;
heaven and earth are filled with your glory.

Look towards him and be radiant;
let your faces not be abashed.

The heavenly choir praises you and says,
Holy, holy, holy, Lord God of hosts;
heaven and earth are filled with your glory.

Glory to the Father, and to the Son,
and to the Holy Spirit.

The choir of holy angels and archangels, with all the heavenly powers, praises you and says,
Holy, holy, holy, Lord God of hosts;
heaven and earth are filled with your glory.

Now and ever
and forever. Amen.

### The Symbol of Faith

I believe in one God, the Father Almighty, Creator of heaven and earth, of all things visible and invisible; and in one Lord Jesus Christ, Son of God, the only-begotten, born of the Father before all ages. Light from light, true God from true God, begotten, not made, one in essence with the Father; through whom all things were made. For us and for our salvation, he came down from heaven and was incarnate from the Holy Spirit and the Virgin Mary, and became man. He was crucified for us under Pontius Pilate, and suffered and was buried. He rose on the third day according to the scriptures. He ascended into heaven and is seated at the right hand of the Father, and he is coming again in glory to judge the living and the dead, and his kingdom will have no end. And in the Holy Spirit, the Lord, the Creator of Life, who proceeds from the Father. Together with the Father and the Son he is worshiped and glorified; he spoke through the prophets. In one, holy, catholic, and apostolic Church. I profess one baptism for the remission of sins. I expect the resurrection of the dead and the life of the world to come. Amen.

Remit, pardon, and forgive our transgressions, voluntary and involuntary, in deed and in word, with knowledge and in ignorance, in thought and in desire, by night and by day, forgive them all, O God, for you are good and love us all.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

*If a priest leads the service:*

*Priest:* For thine is the kingdom and the power and the glory, Father, Son, and Holy Spirit, now and ever and forever.

*Response:* Amen.

*Otherwise:*

*All:* Amen.

*The prescribed KONTAKIA are now sung. If it is a Sunday, a feast, or during a festive period, the proper kontakion is sung. If it is not a Sunday or a feast, the kontakia of the patron of the church, of the day of the week, and of the saint of the day are sung followed by **"Glory"** and the kontakion of the Departed **("With the saints, O Christ")** and finally **"Now and ever"** and the theotokion **"Steadfast Protectress of Christians,"** or the kontakion of the patronal day of the church if it is dedicated to the Theotokos, or, on Saturday, the Kontakion of All Saints **("To you, O Lord, Gardener of all Creation")**.*

Lord, have mercy. *(12 times)*

*Priest or Leader:* Most holy Trinity, Consubstantial Power, Indivisible Kingdom, Cause of all good things, look favorably upon me, a sinner, at this present hour. Take away all the defilement of my mind and enlighten my understanding that I may always praise, glorify, and say:

*Response:* One is holy, one is Lord, Jesus Christ, to the glory of God the Father. Amen.

Blessed be the name of the Lord, now and forever. *(three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

**Psalm 33**

I will bless the Lord at all times,
his praise always on my lips;

In the Lord my soul shall make its boast.
The humble shall hear and be glad.

Glorify the Lord with me.
Together let us praise his name.

I sought the Lord and he answered me;
from all my terrors he set me free.

Look towards him and be radiant;
let your faces not be abashed.

This poor man called, the Lord heard him
and rescued him from all his distress.

The angel of the Lord is encamped,
around those who revere him, to rescue them.

Taste and see that the Lord is good.
He is happy who seeks refuge in him.

Revere the Lord, you his saints.
They lack nothing, those who revere him.

Strong lions suffer want and go hungry
but those who seek the Lord lack no blessing.

Come, children, and hear me
that I may teach you the fear of the Lord.

Who is he who longs for life and many days,
to enjoy his prosperity?

Then keep your tongue from evil
and your lips from speaking deceit.

Turn aside from evil and do good;
seek and strive after peace.

The Lord turns his face against the wicked

to destroy their remembrance from the earth.

The Lord turns his eyes to the just
and his ears to their appeal.

The just cried out and the Lord heard them,
and rescued them from all their distress.

The Lord is close to the broken-hearted;
those whose spirit is crushed he will save.

Many are the trials of the just,
but from them all the Lord will rescue them.

He will keep guard over all their bones,
not one of their bones shall be broken.

Evil brings death to the wicked;
those who hate the good are doomed.

The Lord ransoms the souls of his servants.
Those who hide in him shall not be condemned.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

It is truly proper to glorify you, O Theotokos, the ever-blessed, immaculate, and the mother of our God. More honorable than the cherubim, and beyond compare more glorious than the seraphim; who, a virgin, gave birth to God the Word, you, truly the Theotokos, we magnify.

---

*Throughout Pascha, the following is sung in place of "It is truly proper to glorify you:"*

The angel exclaimed to her, full of grace: Rejoice, O pure Virgin; and again, I say: Rejoice! Your Son is risen from the grave on the third day and has raised the dead. Rejoice, all you nations!

Shine in splendor, O new Jerusalem, for the glory of the Lord is risen upon you. O Zion, now dance and be glad; and you, pure Theotokos, rejoice in the resurrection of your Son.

*Continue with the Ninth Hour, if desired. Otherwise, if a priest leads the service, it concludes as follows:*

*Priest:* Glory to you, O Christ God, our hope, glory to you.

*Response:* Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. Give the blessing.

*Throughout Pascha, the following is said in place of "Glory to the Father…Give the blessing"*

*Response:* Christ is risen from the dead! By death he trampled Death; and to those in the tombs he granted life. Lord, have mercy. Lord, have mercy. Lord, have mercy. Give the blessing.

*Priest:* May Christ our true God, [*if it is Sunday, add:* risen from the dead,] have mercy on us and save us through the prayers of his most pure Mother; and of the holy, glorious, and illustrious apostles; of our holy *the patron[s] [patroness] of this church*; of the holy *(Name/s of the saint/s whose day it is);* and through the prayers of all the saints; for Christ is good and loves us all.

*Response:* Amen.

*If there is no priest, Typika concludes as follows:*

*Leader:* Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*Response:* Amen

# The Ninth Hour

Come, let us worship our King and God. *(bow)*
Come, let us worship Christ our King and God. *(bow)*
Come, let us worship and bow before the only Lord Jesus Christ, the King and our God. *(bow)*

### Psalm 83

How lovely is your dwelling place,
Lord, God of hosts.

My soul is longing and yearning,
is yearning for the courts of the Lord.

My heart and my soul ring out their joy
to God, the living God.

The sparrow herself finds a home
and the swallow a nest for her brood.

She lays her young by your altars,
Lord of hosts, my king and my God.

They are happy, who dwell in your house,
forever singing your praise.

They are happy, whose strength is in you,
in whose hearts are the roads to Zion.

As they go through the Bitter Valley they make it a place of springs;
the autumn rain covers it with blessings.

They walk with ever growing strength,
they will see the God of gods in Zion.

O Lord God of hosts, hear my prayer,
give ear, O God of Jacob.

Turn your eyes, O God, our shield,
look on the face of your anointed.

One day within your courts
  is better than a thousand elsewhere.

The threshold of the house of God
  I prefer to the dwellings of the wicked.

For the Lord loves mercy and truth;
  he will give us his favor and glory.

The Lord will not refuse any good
  to those who walk without blame.

Lord, God of hosts,
  happy the man who trusts in you!

**Psalm 84**

You have favored your land, O Lord;
  you have restored the well-being of Jacob.

You forgave the guilt of your people
  and covered all their sins.

You averted all your rage,
  you calmed the heat of your anger.

Revive us now, God, our helper!
  Put an end to your grievance against us.

Will you be angry with us forever,
  will your anger never cease?

Will you not restore again our life
  that your people may rejoice in you?

Let us see, O Lord, your mercy
  and give us your saving help.

I shall hear what the Lord God has to say,
  a voice that speaks of peace;

Peace for his people and his friends

and those who turn to him in their hearts.

His help is near for those who fear him
and his glory will dwell in our land.

Mercy and truth have met;
justice and peace have kissed.

Faithfulness shall spring from the earth
and justice look down from heaven.

The Lord will make us prosper
and our earth shall yield its fruit.

Justice shall march before him
and peace shall follow his steps.

**Psalm 85**

Turn your ear, O Lord, and give answer
for I am poor and needy.

Preserve my life, for I am faithful;
save the servant who trusts in you.

You are my God, have mercy on me, Lord,
for I cry to you all the day long.

Give joy to your servant, O Lord,
for to you I lift up my soul.

O Lord, you are good and forgiving,
full of love to all who call.

Give heed, O Lord, to my prayer
and attend to the sound of my voice.

In the day of distress I shall call
and surely you will reply.

Among the gods there is none like you, O Lord;
nor work to compare with yours.

All the nations shall come to adore you
  and glorify your name, O Lord.

For you are great and do marvelous deeds,
  you who alone are God.

Show me, Lord, your way so that I may walk in your truth.
  Guide my heart to fear your name.

I shall praise you, Lord my God, with all my heart
  and glorify your name forever;

For your love to me has been great:
  you have saved me from the depths of the grave.

The proud have risen against me; ruthless men seek my life;
  to you they pay no heed.

But you, God of mercy and compassion,
  slow to anger, O Lord,

Abounding in love and truth,
  turn and take pity on me.

O give your strength to your servant
  and save your handmaid's child.

Show me the sign of your favor that my foes may see to their shame
  that you console me and give me your help. *(twice)*

Glory to the Father, and to the Son, and to the Holy Spirit,
  now and ever and forever. Amen.

*And then, three times with a bow each time:*

Alleluia! Alleluia! Alleluia!
  Glory to you, O God!

Lord, have mercy. *(3 times)*

*If there are two troparia, the first is sung here.*

Glory to the Father, and to the Son, and to the Holy Spirit,

*We sing the appointed* TROPARION *(or the second, if there are two). Continuing in the same tone, we sing the theotokion of the Hour:*

Now and ever and forever. Amen.

For the sake of all you were born of the Virgin, * and you endured the cross, O Good One. * You conquered death by death, and through your resurrection * you revealed yourself as God. * Do not disdain those whom you have created with your own hands, * but show forth your loving-kindness, O Merciful One. * Accept the intercession which the Theotokos makes in our behalf. * O our Savior, save a despairing people.

*Then we chant the following verses* (*Daniel 3:34-35*):

For your name's sake, do not deliver us up forever,
or make void your covenant.
Do not take away your mercy from us,
for the sake of Abraham, your beloved, Isaac your servant,
and Israel your holy one.

Holy God, Holy and Mighty, Holy and Immortal,
have mercy on us. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Most Holy Trinity, have mercy on us; Lord, cleanse us of our sins;
Master, forgive our transgressions;
Holy One, come to us and heal our infirmities
for your name's sake.

Lord, have mercy. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation,

but deliver us from evil.

| *If a priest leads the service:* | *Otherwise:* |
|---|---|
| *Priest:* For thine is the kingdom and the power and the glory, Father, Son, and Holy Spirit, now and ever and forever. | *All:* Amen. |
| *Response:* Amen. | |

*The appointed KONTAKION is sung.*

Lord, have mercy. *(40 times)*

*Priest or Leader:* O good God, in all times and places you are worshiped and glorified both in heaven and on earth. You are long-suffering and generous in your mercy and compassion. You love the just and show mercy to the sinner, calling all to repentance through the promise of blessings to come. Deem, O Lord, at this very hour, to receive our supplications and to direct our lives in the path of your commandments. Sanctify our souls; purify our bodies; set aright our minds; cleanse our thoughts; deliver us from all affliction, trouble, and distress; surround us with your holy angels so that, guided and guarded in their camp, we may attain oneness of faith and the knowledge of your unspeakable glory. For you are blessed forever and ever.

*Response:* Amen.

Lord have mercy. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

More honorable than the cherubim,
and beyond compare more glorious than the seraphim;
who, a virgin, gave birth to God the Word,
you, truly the Theotokos, we magnify.

*If a priest leads the service:*

All: Give the blessing, Father, in the name of the Lord.

*Priest:* May God be merciful to us and bless us; may He cause His countenance to shine upon us, and have mercy on us.

*Response:* Amen.

*Otherwise:*

*Leader:* Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*Response:* Amen.

*Priest or Leader:* Master Lord Jesus Christ, our God, you patiently endured our sins and led us to this very hour at which you were hung upon the life-giving wood. You opened a way to paradise for the penitent thief and destroyed death by death. Now forgive the trespasses that we your servants have committed, unworthy sinners that we are. We have sinned indeed and transgressed your law. We are unworthy even to lift up our eyes to heaven, for we have abandoned the path of your righteousness and pursued the desires of our hearts.

But now we implore your immense goodness: Spare us, O Lord, in the multitude of your mercies, save us for the sake of your most holy name. Our days were spent in vanity; wrest us from the hands of our enemy and forgive our sins. Subdue in us the cravings of our flesh, so that, after putting off the old self, we may put on the new and live for you, our Master and Benefactor; and that, obeying your commandments, we may reach eternal repose in the place where all the blessed abide. For you are truly joy and delight to those who love you, O Christ our God, and we give glory to you, with your eternal Father, and your all-holy, good, and life-creating Spirit, now and ever and forever.

*Response:* Amen.

*If there is no priest, the Hours conclude here.*

*If a priest leads the service, he gives the dismissal as follows:*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy.
Give the blessing.

---

*Throughout Pascha, the following is said in place of "Glory to the Father…":*

*Response:* Christ is risen from the dead! By death he trampled Death; and to those in the tombs he granted life. Lord, have mercy. Lord, have mercy. Lord, have mercy. Give the blessing.

---

*Priest:* May Christ our true God, [*if it is Sunday, add:* risen from the dead,] have mercy on us and save us through the prayers of his most pure Mother; and of the holy, glorious, and illustrious apostles; of our holy *the patron[s] [patroness] of this church*; of the holy *(Name/s of the saint/s whose day it is);* and through the prayers of all the saints; for Christ is good and loves us all.

*Response:* Amen.